

Community
images now
available on

flickr™

El Morro

Fort Buchanan



VOL. 47 ISSUE 3

The Sentinel of the Caribbean

October 2011

RAHC, VA team up to reduce redtape for troops

By Luis Delgadillo

Fort Buchanan Public Affairs

The Rodriguez Army Health Clinic, in partnership with the Department of Veteran's Affairs here in Puerto Rico, will begin to implement a system by which service members

will wait less time to receive disability benefits when they medically discharged from the military.

According to Col. Danny B. Jaghab, Commander of the RAHC, if service members are no longer able to serve due to

having been wounded, suffered an illness or injury; they will now be given a disability rating before they leave military service.

The new system, called the Integrated Disability Evaluation System, will cut the time

troops wait for disability benefits and it will ease their transition to full veteran status. "Integrating the DoD and VA processes eliminates the benefits gap faced by disabled veterans under the previous Disability Evaluation System. The

IDES has been tested in a pilot program at 27 locations, successfully integrating DoD and VA processes for 47 percent of service members referred for evaluation. Worldwide expansion

REDTAPE Page 5

Live & Explore



First PR Reserve BG laid to rest

By Capt. Carlos Cuebas

1st MSC Public Affairs

The first Puerto Rican to be promoted to the rank of Brigadier General in the Army Reserve was laid to rest 23 Sept. at the Puerto Rico National Cemetery.

Family members, friends, representatives of the Government of Puerto Rico, members of the 65th Infantry Regiment Association, the US Army Reserve Puerto Rico and other armed forces representatives honored Brig. Gen. (ret) Antonio Rodriguez-Baliñas' during the military funeral ceremony.

"On behalf of all the Puerto Rican soldiers from all the services and components, and specially from the reservists in the island, we want to say thanks to Brig. Gen. (ret) Rodriguez-Baliñas for his leadership during the over 30 years of service to the Nation", said Brig. Gen. Fernando Fernández, senior US Army Reserve Officer in Puerto Rico and the Caribbean and commander of the 1st Mission Support Command.

"Rodriguez-Baliñas reports today to his last duty station, going next to the Lord and his wife Hilda," said Fernández.

On its way to the National Cemetery, the funeral motorcade drove through the Fort Buchanan streets, the only US



Spc. Jennifer Spradlin, 16th Mobile Public Affairs Det.

First Mission Support Command Soldiers fold the U.S. flag during the military funeral ceremony in honor of Brig. Gen. (Ret) Antonio Rodriguez-Baliñas at the National Cemetery in Bayamón, Puerto Rico.

Army installation in the Caribbean. There, soldiers, civilian employees and the children from the installation's school system lined up in the streets to honor the first Puerto Rican General in the US Army Reserve.

"It was very touching to see the children at Buchanan with American flags and saluting my dad," said Wilson Rodriguez Manzano, one of Rodri-

quez-Baliñas' sons.

Rodriguez-Baliñas represents the great capabilities of the Puerto Ricans. An Adjuntas, Puerto Rico native, the General was able to achieve positions of great responsibility within the US Armed Forces.

The officer was a strong defender of the service of Puerto Rican service members in the Armed Forces. Many times,

Rodriguez-Baliñas highlighted the importance of the service provided by the islanders in the defense of the Nation.

According to Fernández, Rodriguez-Baliñas' great service to our Nation takes special precedence during the Hispanic heritage month because with his courageous performance under enemy fire

GENERAL Page 15

Veterans Day

Fort Buchanan's Retirement Service Office will once again host the Veteran's Day celebration at The Community Club Nov. 10. Admission to the event is free and open to the entire Fort Buchanan Community.

Join Santiago Santiago, the Directorate of Human Resources' Retirement Services Officer as he hosts the services and honors the sacrifices of veteran from all walks of life.

The event will begin at 10:30 a.m. but attendees are asked to arrive early and be seated before the event begins.

For more information on Veterans Day events contact Santiago Santiago at 787-707-3842.



El Morro

Garrison Commander
Col. John D. Cushman

Deputy to the Garrison Commander
Gunnar G.F. Pedersen Jr.

Deputy Commander
Lt. Col. Kenneth M. Hammond

Garrison Command Sergeant Major
Command Sgt. Maj. Derrick T. Simpson

Public Affairs Officer
Grissel Rosa

Media Relations
Pedro Silva

Command Information
Luis Delgadillo

El Morro Contributors
Capt. Taylor Opel
Luis Salazar

**1st Mission Support Command
Public Affairs Officer**
Capt. Carlos M. Cuebas

Mailing address —
Public Affairs Office
Building 390 Crane Loop Ste. 311
Fort Buchanan PR, 00934-4616

Story submissions —
E-mail to: luis.delgadillo@us.army.mil

Telephone numbers —
(787)707-5762/4486 Fax: (787)707-3362

1st MSC submissions —
E-mail to: carlos.cuebasmedina@us.army.mil

1st MSC telephone number —
(787)707-4988

El Morro is an authorized publication printed in accordance with Army Regulation 360-1.

Contents of El Morro are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army or U.S. Army Garrison, Fort Buchanan.

El Morro is published monthly by the Public Affairs Office, U.S. Army Garrison. Circulation 5,000.

All editorial content of El Morro is prepared, edited, provided and approved by the U.S. Army Garrison Public Affairs Office. For guidance on how to submit items for publication e-mail the garrison Public Affairs Office.

The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El Morro.

Every effort will be made to publish submissions in a timely manner. However, time, layout, style and editorial considerations, as well as determinations for publication, are made by the Commander or the Public Affairs Officer.



Commander Commentary

During this month, the Army celebrates various national observances and awareness that have a common denominator — they involve our Families. They are the National Domestic Violence Awareness Month and Red Ribbon Week.

Domestic Violence is an issue very close to our hearts because it happens within our most intimate circle, our homes. We want our homes to be a safe place not a place of abuse and violence which affects the health and well-being of all family members. Domestic violence was a “hushed” problem until victims broke the silence to help others.

The Army is fully committed to supporting Soldiers and Families with plans to prevent domestic abuse and develop skills to help restore stability and health within the family circle. There are programs designed to promote awareness, encourage reporting, provide safety for the victims, and ensure treatment and/or administrative action for offenders.

If you see any signs of abuse or domestic violence in a

woman or a child, take action. If you are in a situation of domestic violence, get help. Call Fort Buchanan Family Advocacy Program at (787) 707-3709. The information will be strictly confidential. Ignoring the problem will not make it go away. Don’t become another statistic. One abused spouse or child is too many. Report domestic violence, you might be saving a life! Strong families equal a strong Army and those elements combine to make the strength of the nation.

Another event close to our heart is the celebration of the National Red Ribbon Campaign. The Army supports the nation in this campaign to help raise public awareness to combat alcohol and other drug use among our youth. That is why this observance is so important to us. It involves our children, our Families.

As a parent, it concerns me whenever I read in the newspaper headlines or watch the news that say: “Teenager killed in accident due to speeding and alcohol abuse”, “Promising college student

die from overdose”, “Dead body of teenager found after disappearing from house during the weekend”. Every day we lose more of our youth killed in “drug wars”, drug overdose and alcohol abuse than the number of casualties at war, but what if the enemy is inside our homes.

Over-the-counter drugs such as cough and cold remedies and prescription drugs such as pain killers, anti-depressants, sleeping pills, stimulants and others are being used by teens to get high. The same trend is seen with laxatives, diuretics and diet pills. These substances act as stimulants to the central nervous system and can have serious and potentially fatal side effects.

We were always afraid that our kids would be offered drugs by some so called “friend” at a party, a sport event, the mall or any other place where they usually hang out. However, our kids are exposed to these other “drugs” which are easily available at the medicine cabinet right at home.

We need to be aware of the

signs that tell us that our kids are at risk. As parents, the best way to fight against drugs and alcohol abuse is to be involved in our kids’ activities.

As a community we need to be mentors and role models; people who can motivate our children to be their best. Fort Buchanan Army Substance Abuse Program (ASAP) will celebrate National Red Ribbon Week October 24-28, 2011.

The theme “It’s Up To Me To Be Drug-Free” emphasizes individual responsibility and the importance of keeping our community safe, healthy and drug-free. By wearing a red ribbon during the last week in October, we will demonstrate our support to our nation’s struggle against drug trafficking and abuse. Let’s help our children become everything they dream of without using drugs or alcohol.

Let’s keep our promise alive to Soldiers and Families by providing them the resources needed for a quality of life commensurate with their service and sacrifice to the Nation.

The Army’s Backbone

Command Sgt. Maj. Derrick Simpson

I’d like to wish you all a Happy New Year! Yes, this is an odd statement to make here in October but I think most of us recognize that I am referring to the beginning of the new fiscal year not the calendar year.

Nonetheless, like the calendar new year, FY12 gives us a chance to begin anew. We are going to be facing some financial challenges this year so cost savings is going to be extremely important.

One of the ways the garrison community can do their part to help reduce costs is by supporting Energy Awareness in October. The Directorate of Public Works’ Environmental Division has been making strides in this area and they de-

serve recognition for their efforts. In the last three months their public information campaign and outreach efforts have led to a reduce in overall energy consumption for the installation.

So lets make some resolutions for the new fiscal year. If you leave a room turn off the light. If you’ve been procrastinating about changing your light bulbs from incandescent to fluorescent, make the switch today. If you work at one of the garrison’s high energy consumption areas such as one of the schools, the Commissary or the Exchange look for innovative ways to reduce energy costs.

Another resolution I look forward to keeping is attend-

ing the highly successful Fire Prevention Week events put on by the Fire Department. Inside on page 18, please find the calendar of events. Though we take this time each year to recommit to fire safety let’s not forget that fire prevention is a year long responsibility.

October, also marks Breast Cancer Awareness month. A time when we honor our loved ones who have courageously fought this dreaded disease and also breath new life into research efforts dedicated to eradicating this scourge. The fight is personal for some members of our community and I urge all of you to participate in the events scheduled at the fitness center. The next one coming up is a cycling event

at 5:30 a.m. on Oct. 25. If you can’t make it to that fitness event then I think it would be great to see us all wear pink during any kind of exercise activity. While you are at it please remember to wear your reflective belts and maintain your situational awareness by not using personal listening devices when out on the roads.

In closing I’d like to leave you all with one a recommendation for the upcoming fiscal year. Plan your purchase requests thoroughly, get them in early and follow up on them regularly. Doing this saves the good people at the Resource Management and Contracting offices a lot of trouble and it contributes to workforce efficiency. Stay Army Strong!

Defender 6 sends

Army Family Covenant: The Commitment Endures

SAN ANTONIO -- Four years ago this month, the Army announced the Army Family Covenant, which promised to provide Soldiers and Families a quality of life commensurate with their service.

To help Soldiers and Families stressed by years of war, the Army substantially increased funding for programs in areas such as Soldier and Family services, behavioral health, housing, child care, education, and employment.

Today, headlines about defense budget cuts are prompting people to ask whether the Army is going to keep its promises.

The short answer is yes. Leaders change and situations change, but the Army's commitment to Soldiers and Families endures.

Under the AFC, the Army developed and enhanced a range of programs that build Soldier and Family strength, resilience and readiness. These programs include Survivor Outreach Services, Child, Youth and School Services, New Parent Support, the Military Spouse Employment Program, Strong Bonds, and the Wounded Warriors Sports Program.

Under the AFC, the Army has pro-

vided new and renovated housing for thousands of Families and single Soldiers, and constructed more than 150 new child care and youth centers. The Army has increased the number of Military Family Life Consultants, who provide confidential non-medical counseling for Soldiers and Families, and the number of behavioral health care providers, who provide behavioral health services before, during and after deployment.

Under the AFC, the Army has worked hard to reach the whole Army Family, including geographically dispersed Soldiers and Family members. Toward that end, the Army supports a number of services away from installations, such as community-based child care and Army National Guard Family Assistance Centers, and provides Army OneSource, which enables 24/7 access to information and services regardless of location.

At a time when the Army is restoring its balance, the AFC has been the catalyst for enhancing and standardizing the quality of support for Soldiers and Families. And now it is time to ensure our investment has made a difference in the lives of Soldiers and Families.

Program review has been built into the Army Family Covenant from day one. It has always been part of the AFC plan to assess program effectiveness, consolidate, and make adjustments, to ensure there is no overlap or gaps between programs.

So the current fiscal situation does not change our course but it does put more gas in our tank. It intensifies the need to streamline and make sure we continue to provide the most valuable programs.

For the programs under the AFC umbrella, the majority of which are run by Installation Management Command, customer feedback is a critical part of our ongoing evaluation. We gather customer feedback partly by looking at which services are used most often, and partly by asking customers about their experiences, through garrison focus groups and surveys such as the Army OneSource Army Family Covenant survey, just completed Sept. 1.

We will be asking for feedback again in January, when Soldiers, Family members, Civilians and Retirees will receive a survey on their needs, usage and satisfaction with Family and Morale, Welfare and Recreation programs. I urge everyone to take this



Lt. Gen. Rick Lynch, Defender 6

and every other opportunity to tell us about the programs and services that are valuable to you. Your feedback impacts decisions about programming.

Like every other government organization, every business, and every family, we are taking a close look at our use of resources during this time of fiscal uncertainty. We have to determine the most efficient, most effective ways to reach out to the entire Army Family and provide support in the areas of greatest need. But we are starting from a clear, non-negotiable bottom line: the Army will keep its promise to Soldiers and Families.

Puerto Rico Civilian Aide to the Secretary of the Army, MG (Ret.) Félix Santoni

During the past month, we have had the visit of Maj. Gen. Joseph Anderson, director of Operations, Readiness and Mobilization, for the Department of the Army who was the honored guest of the 1st Mission Support Command for the re-inauguration of Ramos Hall at the Headquarters of the 1st MSC and the inauguration of the new Reserve Center at Naval Activity, Ceiba Sept. 10.

This was followed by the visit last week-end of the Commanding General of the U.S. Army Cadet Command, Maj. Gen. Joseph McDonald, who came to Puerto Rico with his lovely wife to visit the facilities of the Reserve Officer Training Corps at the two hosts schools, University of Puerto Rico, Rio Piedras and UPR Mayaguez. We were heavily involved in both visits and feel they were of great benefit to Puerto Rico and the military community of the island.

Anderson was extremely pleased

with what he saw and was very well received by the Puerto Rico National Guard and its leader. Maj. Gen. Antonio Vicens, the The Adjutant General of Puerto Rico, who hosted an afternoon visit by Anderson at his headquarters.

This was followed by a great briefing of the mission and organization of the PRNG. As a result of the visit the PRNG benefited by being allocated additional funds for Counter Narcotics missions.

In a letter that Anderson sent me, he wrote, "Just a note to say thanks again for everything this past weekend. I thoroughly enjoyed every aspect of the trip. I remain very impressed by everything that I see from the Army Guard and Reserve in Puerto Rico.

McDonald's visit was also an outstanding visit and he had an opportunity to meet with the leadership of the University, including the new Chairman of

the Board of Trustees, Col. (R) Luis A. Berrios, and other University leaders.

McDonald was assured that the ROTC looks forward to being provided with adequate physical facilities that will enhance the opportunity for our cadets. McDonald had the opportunity to visit the Arecibo Observatory and has assured us he plans to return to our island.

Bottom line is that Puerto Rico continues to show great support for our military, for our veterans and for our military community. There is no doubt that we continue to make progress for members of the Puerto Rico community who are willing and able to serve our nation in these difficult times.

These visits demonstrate our ability to serve our nation and that we have clearly understood the importance of these Puerto Rican cadets to the Army.

An example of this is the fact that

this year alone we have commissioned 40 new second lieutenants from Puerto Rico out of Mayaguez.

Ours is an Army that needs a growth in numbers of Hispanic leaders in proportion to the percentage of growth of the Hispanic population.

We are also working with the Municipality of San Juan to extend to them a JROTC facility in a school run by the Municipality of San Juan and the Mayor of San Juan has expressed a keen interest in this for his Sports School.

May God continue to bless our Army. Our soldiers and our island.

I cannot close without thanking the Commanding General of the 1st MSC and the Adjutant General of the Puerto Rico National Guard for the great support they have given to these two visits.

HOOAH to our Guardsmen and our Reserve soldiers for all they do to serve our nation.

AMS nominee among 2012 Teacher of the Year hopefuls

By Cindy Gibson

DDESS Public Affairs

PEACHTREE CITY, Ga. Dr. Linda Curtis, Acting Director and Area Superintendent for Curriculum, Instruction and Assessment for the Department of Defense Education Activity (DoDEA) Domestic Dependent Elementary and

Secondary Schools (DDESS) and Department of Defense Dependents Schools, Cuba, (DoDDS-Cuba) announced today the names of each district's Teacher of the Year for 2012.

"These five teachers exhibit qualities and attributes of a high performing teacher," Dr. Curtis said. "Their commitment, dedication and professionalism have touched many, many students. They are impacting our future generation."

Those teachers are:

Rebecca Hill, a teacher of gifted education at Maxwell Air Force Base Elementary/Middle School, Maxwell AFB, Alabama, in the Georgia/Alabama District;

Tim Proskauer, a social studies teacher, at Antilles Middle School, at Fort Buchanan, Puerto Rico, in the New York/Virginia/Puerto Rico District; Tracey Fairfax, a third grade teacher at Patrick Kessler Elementary School at Fort Stewart, Georgia, in the South Carolina/Fort Stewart/DoDDS-Cuba District;

Julia Goodrich, a second and third grade teacher at Gordon Elementary School, Fort Bragg, North Carolina, in the North Carolina District; and

Geary Schwartz, an algebra teacher at Fort Campbell High School, Fort Campbell, Kentucky, in the Kentucky District.

"Tim Proskauer is a special teacher, one of those who in my opinion was born to be an excellent teacher because he is caring, loving, patient, creative, energetic, and attentive not only with students but also with his colleagues and parents. Mr. Proskauer also demonstrates the highest level of professional commitment and competency in his work with students and colleagues," said Antilles Middle School (AMS) Principal Nancy Maldonado. "Tim's passion and positive attitude toward the art of teaching and children are reflected in the outstanding quality of his instruction in social studies and his involvement in the school improvement process that he has maintained at AMS." Mr. Proskauer has been with DoDEA for 12 years. He earned his Bachelor's of Arts degree in religious studies from Wesleyan University in Middletown, Connecticut, in 1992. From 1992-1993, Mr. Proskauer worked with emotionally and behaviorally disordered children at the Brandon Residential Treatment Center in Natick, Mass.

He started in the Boston Public Schools in 1993. In 1994, he was accepted into the Pathways to Teaching Careers program at Lesley College in Cambridge, continued working in the Boston Public Schools and earned his Master's in Education degree in Special Education from Lesley.

He then worked at two Seattle middle schools as a math/science/special education inclusion teacher. He and his wife, Maria, have four sons.

Once the packets are received at DoDEA Headquarters, a selection panel uses a rubric to evaluate the National Teacher of the Year (NTOY) Applications including their DVD presentation. The top four rated applicants are interviewed by telephone by the panel. From those four, the DoDEA Teacher of the Year is selected about mid-October. The DoDEA Teacher of the Year's application package is sent to the NTOY Office to compete for the National Teacher of the Year. The DoDEA Teacher of the Year, whether he or she wins or not, will participate in the National activities and events that are sponsored by the NTOY point of contact in Washington D.C.



Tim Proskauer, AMS Teacher

El Morro Interview: Just who is Tim Proskauer?

How long have you been a teacher?

I have been teaching for 18 years. I started in 1993 in the Boston Public Schools working with kids with emotional and behavioral difficulties.

I taught in Boston for three years, in Seattle for three years, and I have been teaching in Fort Buchanan since 1999. This is my 15th year in 6th grade!

What makes your teaching method unique?

There are a few things I do that are unusual. One is that I am hyper-organized in my curriculum. I plan my entire year and then work backwards to plan each unit (one unit usually takes 4 or 5 weeks), so that I am really clear with the kids what they are supposed to be learning.

Another way is in how I involve parents. Parents genuinely want to support their kids'

education but they need the right information. I use a web site and post my lesson plans, projects, and assignments so that parents always know what is going on in my class. This makes a big difference for busy families. Most of all, though, I am willing to do "whatever it takes" for my students to learn. If you come in my classroom you might see the entire class standing on the desks to understand population density. I could be wearing a gladiator costume.

Half the period might be spent drawing a cartoon of

the discovery of agriculture in the Neolithic Era (Stone Age). The kids know two things that make them want to learn: they

know I believe they can succeed, and they know I am excited about what we are doing.

To what do you attribute your success as an educator?

I am successful because I believe in the kids. I remember every day that I am here because of them, and I challenge myself to find a way to reach every one of them. For some kids it is easy because they come hungry for

knowledge every day. What has made me successful is that I find ways to motivate and inspire some of the ones who are harder to teach.

Maybe they don't learn as easily, or they have trouble reading or don't know much English. Maybe they are super-talented but haven't been challenged, so they have gotten bored and lost interest.

It is important to me that all the kids leave my room at the end of the year feeling that they have been successful and that they have learned something meaningful.

How did you react when you heard about being selected?

I was surprised. My outstanding colleague in sixth grade, Ms. Napoli, was selected as teacher of the year last year and it is uncommon for the person to come from the same school two years in a row, let alone the same grade.



It is a tremendous honor so I was a little bit overwhelmed. Over the summer I had to complete the application for National Teacher of the Year, which is a challenging application. The other teachers in Fort Buchanan have encouraged me a lot. They have helped me believe in myself, so I really want to represent Puerto Rico, my school and my colleagues as well.

“

I taught in Boston for three years, in Seattle for three years, and I have been teaching in Fort Buchanan since 1999. This is my 15th year in 6th grade!

*Tim Proskauer
-Antilles Middle School Teacher*

”

IDES initiative clears hurdles for Soldier transition to full Vet status



Col. Danny B. Jaghab signs a memorandum of understanding between the Rodríguez Army Health Clinic, USAG Fort Buchanan and Veteran's Affairs Sept. 13. The memo symbolizes a partnership between the three groups that supports the Integrated Disability Evaluation System.

REDTAPE, From Page 1

sion by October 2011 will give the same opportunity to all service members worldwide," said Jaghab.

The RAHC has already made positive changes in preparation for the IDES implementation in the form of hiring new VA personnel who will be co-located at the Community Based Warrior Transition Unit to start the process.

In a ceremonial gesture of support, Col. John D. Cushman, the Installation Com-

mander, signed a memorandum of understanding pledging to assist the RAHC staff and the VA implement the DoD initiative.

"The IDES provides a seamless and transparent disability evaluation system administered jointly by DoD and the VA," said Jaghab.

This means that the medical discharge process remains

thorough while also improving the delivery of benefits.

"Prior to the integrated system, DoD disability evaluation took about 300 days. After discharge, the VA process took several more months, during which the disabled veteran was waiting for VA compensation and benefits," said Jaghab.

"Through the IDES, most service members complete

both the DoD and the VA processes in just over 300 days so they can begin receiving benefits after the first full month in veteran status – the earliest allowable under law. With IDES, DoD and VA are working together to make disability evaluation more simple, seamless, fast and fair," he said.

Fortunately, the new system does not affect servicemem-

bers negatively said Jaghab.

With a trained and ready staff and partners in the community, the RAHC stands ready to carry out Jaghab's vision of "providing timely and high quality care while maintaining Soldier readiness to meet the demands of our nation around the world," as he said when he took command of the clinic.



Pictured above in no particular order are: **For the Rodríguez Army Health Clinic:** Col. Danny B. Jaghab, Commander; Eduardo Colón, assistant commander for administration; Col. Joaquín Hernández, medical officer; Gilberto Caballero, MD, MEB Physician; Janelle Torres Giovannetti, RAHC medical director; Vilma Ramos, physical evaluation board liaison officer; Capt. Yomaris Rivera, Patient Administration Officer in Charge/PEBLO. **FOR IDES TEAM:** Lt. Col. Kenneth Brace, Col. Sheila Hobbs, DoD Denise Brown, DoD Carlos Arroyo, Veteran's Benefits Administration, William Wilson, VBA Chuck Oliver, DoD PEB Cheryl Flohr, VBA. **VA Regional Office:** Thomas O. Sanders, Assistant Director; Daniel Massa, Military Service Coordinator. **QTC Medical Services:** Robert Conboy, Program Start-up Coordinator; Joe O'Brien, Director Program Management.

ANTITERRORISM

VIGILANCE

Always Ready. Always Alert.
Because someone is depending on you.



U.S. ARMY



Army Strong™



CFC: 50 years of caring and giving back

By José Sanchez
CFC Coordinator

This fall's Combined Federal Campaign (CFC) annual charity drive invites us to their "50 Years of Caring." Years are the measuring tool for life length of giving to others. It is a blessing to review CFC time capsule of care and service. As we celebrate their 50th anniversary let us arise to the challenge in our communities, especially in our very own federal community.

We are truly privileged and blessed to work for the United States government, while also serving our fellow citizens, civil servants and military families in different roles.

Our strong commitment to help make a better world for abandoned and battered children, women, and the elderly, as well as the homeless and disabled, is widely renowned. The fact that we have helped raised over \$6 billion in donations to the CFC since its inception in 1961 until 2010, as reported

by OPM, attests to the noble spirit and generosity of our Federal Community.

To meet this year's challenge, I am extending a special invitation to all my fellow workers in the federal government in Fort Buchanan to be partners in celebrating "50 Years of Caring." John Fitzgerald Kennedy often referred to the Parable of the Faithful Servant (Luke 12:48), "For of those to whom much is given, much is required." Time and again, over the course of the years, Fort Buchanan's federal employees have responded to the CFC campaign with ample generosity.

There is no limit to the power and possibilities of our acts of kindness when illness, disability or catastrophes strike. By giving to the CFC you financially support institutions that provide



critically needed services promoting the quality of life for children who have been abandoned, for families who are suffering hardship, the elderly, and the disabled, among others.

I urge you to, once again, give generously to the CFC, and make the 2011 Campaign a record one. Adopting a commitment to show that you "Care" is to change your life forever!

We have scheduled our Kick-Off Ceremony for Wednesday, 19 October, 2011 at Commander's Conference, starting at 1500, immediately after the Staff Meeting. The Kick-Off Cer-



José Sanchez, CFC Coordinator

emony will have a brief orientation of this year strategies. If you have any questions, you can contact me at

PAIO (787) 707-2747 or via e-mail josian.sanchez@conus.army.mil. We are looking forward to greeting you.

Did you know?

To protect the safety of Service members and their families' personal identity information, the DoD is removing the Social Security Number (SSN) from DoD ID cards.



Removal will Occur in Three Phases

- Phase One: Remove Dependent SSNs
Already in progress
- Phase Two: Remove all printed SSNs
As of June 2011
- Phase Three: Remove SSNs embedded in barcodes
To begin during calendar year 2012

Note: ID Cards will not be reissued or replaced until your current card expires. Existing cards remain valid until expiration. ID Cards with an INDEF expiration date displaying an SSN may be replaced by contacting a RAPIDS Site for an appointment to have a new ID issued.

SSN Removal



NO ONE CAN TAKE YOUR PLACE



If you or someone you know is considering suicide, seek help immediately!

Talk to a friend, your chain of command, or your Chaplain.

1-800-342-9647
Military One Source

For emergencies call 787-707-3337 to be referred to the Chaplain's emergency line

POST - 9/11 GI BILL A NEW BILL FOR A NEW CENTURY



Courtesy graphic

Free books for active duty under G.I. Bill changes

By C. Todd Lopez
Army News Service

WASHINGTON -- Active duty Soldiers and their spouses will soon be able to get funding for books and supplies as part of the Post-9/11 G.I. Bill.

Beginning Oct. 1, active duty members and their spouses can receive up to \$1,000 for books and supplies, per academic year, as part of the Post-9/11 G.I. Bill. Active duty members were not previously eligible for the books and supplies funding.

Additional benefits to service-members and veterans include reimbursement of fees for exams used for admission to colleges. Such exams include the ACT, GMAT or SAT. Changes to the bill also mean reimbursement for more than one licensing or certification examination. Additionally, there are expanded benefits for non-college degree programs, on-the-job training, apprenticeship training, flight programs and correspondence training.

"I think the great thing about these changes (is) that it brings a lot more training options under the umbrella of this already robust program," said Keith Wilson, director of education

service at the Department of Veterans Affairs.

New enrollees in the program will also find that if they are entitled to the housing allowance (active duty and their spouses are not) they can receive that benefit while enrolled in certificate or other non-college degree programs or even long-distance learning.

Those enrolled in distance learning could receive up to 50 percent of the housing allowance provided to those who enrolled in on-campus education programs. The housing allowance for those in resident training is now prorated based on a student's course load. A student taking a course load that is approximately 80 percent of what a school deems "full time," would receive 80 percent of the housing allowance. Housing allowance for an in-resident student taking a full load is equivalent to the basic housing allowance for an E-5 with dependants.

Additional changes to benefits under the bill include elimination of housing payments for even short gap periods between enrollments. In the past, during the less-than-one-month breaks between semesters, beneficiaries could continue to receive

housing payments. But that is no longer the case, Wilson said.

While Wilson said VA is working to keep students informed of the changes, students will have to practice some "sound financial management" on their own to make rent payments during the short non-enrollment periods between semesters. Wilson pointed out that under the Post-9/11 G.I. Bill, beneficiaries have never received housing allowance during the three-month summer break.

Wilson added that, when beneficiaries did receive housing payment between enrollments, they were actually burning up part of their benefits. The bill provides for 36 months of benefits. If a student was getting just housing benefits for the nearly one-month period between the fall and spring semesters, for instance, that would burn up a month of benefits.

The new change in law also affects payment eligibility, and now accounts for active duty service performed by National Guard members under Title 32.

A summary of recent changes to the Post-9/11 G.I. Bill can be found at http://gibill.va.gov/benefits/post_911_gibill/Post911_changes.html.

Happy birthday DeCA: October marks 20 years of agency service

FORT LEE, Va. – Twenty years ago, to improve efficiency and increase taxpayer savings, Congress and the Department of Defense created the Defense Commissary Agency by consolidating the military services' retail grocery operations into one organization.

"With annual sales of nearly \$6 billion, our agency continues to save taxpayer dollars while delivering a vital military benefit," said DeCA Director and CEO Joseph H. Jeu. "To our customers, this benefit is more than groceries sold at cost without a profit markup; it's important to their quality of life, and the recruiting and retention of military personnel."

"DeCA is well-known within the Department of Defense for leading change and achieving results," he added. "We're proud of what we have accomplished, which is especially noteworthy when you consider how much has been done since our inception."

While Oct. 1 marks DeCA's

20th anniversary, the commissary benefit itself is nearly 145 years old. While officers could buy food from military storehouses as early as 1825, the modern commissary benefit dates back to July 1, 1867. That's when Congress authorized the Army to sell food items, at cost, to enlisted men as well as officers.

These sales were authorized at every Army post with a subsistence warehouse. Sales initially took place at a table or counter in the warehouse. The official stock list was only 82 items, but this was the start of the modern commissary benefit. As time passed, commissary facilities gradually improved. By the early 20th century, they began to resemble civilian grocery outlets both in layout and in the number of items offered for sale. Since DeCA's 1991 opening, store facilities have been further upgraded, more people have become eligible to enjoy the benefit, and customer savings have increased.

PR Exchange offers support, on some level, to military community

On any given day, a variety of visitors, contractors and Department of Defense (DoD) civilians visit any one of the Army & Air Force Exchange Service's food, entertainment and retail operations on Fort Buchanan. The question most frequently posed by these visitors is "Who's authorized to shop these facilities?"

Exchange service authorization actually begins with the House Armed Services Committee and ultimately ends with the Fort Buchanan commander. The guidelines, as prescribed by Army Regulation 215-8/Air Force Instruction 34-211 (I) and the Armed Services Exchange Regulations, Department of Defense Instruction 1330.21, require proper identification of authorized customers, including uniformed personnel and

members of the Reserve Components and family members, applicable DoD civilians, Exchange associates, retirees and their dependents who possess a basic Exchange purchase privilege authorization card.

While rules governing who can buy merchandise and services at Exchanges often apply to a chosen few, the doors to the Fort Buchanan Exchange's food facilities, such as Popeye's, Burger King, etc. are open to virtually anyone looking for a taste of home. In fact, DoD policy allows all federal government employees, and even installation visitors, to dine at Exchange restaurants as long as their orders are consumed on the installation.

Anyone who believes they may qualify for Exchange benefits can call (787) 792-8989 for additional information.

Luis Salazar on safety: Revolution to EGOLution

By Luis Salazar
Safety Office Contractor

Revolution is an interesting word. To some it spawns visions of guerrillas and non conventional warfare. To others it might mean upheaval and drastic change in how a country might be run but in reality the word revolution comes from the Latin “revolution”.

In this context revolution simply means to turn something around. When we look at everyday traffic on our streets drivers will usually provide stories that point to characteristic trait flaws by other commuters as a main source of problems. It is the human element that by and large will make us lean to a pretty unfavorable opinion of those that share our island roads.

Reports of carelessness, complacency and outright selfish behavior seem to fill the occasional ride, the weekend outing or the weekday morning commute. Most people I speak with resound one of the songs by Juanes that states “it’s time to change”. But just who or what can I change?

The task is monumental to say the least. Consider adding the word ego and mixing it with the word revolution and then arrive at an interesting word my wife and I came up with a couple of weeks

ago while driving: “EGOLUTION”. Now we know who must change before others can change.

Most driver safety education concentrates on re-teaching drivers things they already know: the meaning of traffic signs, how to react during a skid or how to use the brakes to complete a full emergency stop.

However, most collisions are a result of abhorrent driving behavior and not lack of knowledge. Unsafe practices like driving too fast for road conditions, when angry or tired, under the influence of alcohol or drugs and reacting to poor driving by others on the road are the forefront runners that fill hospitals with victims of traffic collisions.

In these behaviors we find that the common denominator is the EGO, the me drive style, that impulsive false sense that assures you that the road belongs to you and that the mission justifies the means necessary to get it accomplished.

EGOLution is all about changing a person. It is all about turning oneself 180° when we know that what we

are accomplishing could be done better. It is all about relinquishing the sense of the urgent to reap the benefits of achieving the important. So how do we get this Frankenstein under control?

How do we get the Hulk to simmer down and let Bruce Banner be the guiding choice in our every day driving? I invite you to look at the word EGO. After that participate in some gap analysis and then as a final recourse determine a sure course of action.

E – Examine everything that comes up on the road around you. As you drive your car determine what your eyes, mind and hands are doing. As you look out on the highway are your eyes and mind in one accord?

Or are your eyes on the road and your mind in some other place away from the road? To examine everything that comes

up before us as we drive our eyes and mind must be synchronized to the task at hand.

Drowning out the world around our vehicle for as much as we would like is really not a safe option. Awareness is not a bargaining chip

but a survival technique. Once your eyes and mind are correctly in their place, what are your hands doing? Are both hands on the wheel?

Drivers that keep both hands on the wheel usually have better control than when they do not. Most of us know this, yet why do we still drive with one hand? Relinquishing control of the road begins with simple risk factors that can turn into major problems or threats.

As we put our eyes on the road, mind on the road and hands on the steering wheel we will see so many things that before simple eluded us. We’ll be able to examine the road more efficiently and raise our driver safety level.

G – Generate solutions to situations. You will probably agree with me that as we practice the “E” taking care of the “G” will be much easier. Next time you take your car for a spin count out how many situations you encounter that could be considered as a safety threat.

Once you begin to visualize these possible scenarios try to think of ways to mitigate the threat. Play the “what if” game.

What if...that truck that is ahead of me and is overloaded with steel beams would lose one of those heavy iron bars on the highway? What would I do? How Would I react? Do I have enough

space to brake? Can I evade onto the other lane? Consider your options and create the habit by applying it to your every day driving. This gap analysis will help you figure out ways to face the adverse moments you will encounter.

O – Overcome by doing what is right. Too easy, right? Most of us consider ourselves responsible, safe and knowledgeable drivers. By the most part we truly are and that is great because it is indicative that we will take good decisions on the road.

What worries me is when situations are not ideal, when we are stressed, upset, or just plain fatigued. What we’ll we do then? Let’s all practice doing the right thing every time.

Don’t worry if you fail once in a while, just being aware of the fact that you need improvement is part of the battle won against mediocrity and aggressive driving behavior.

We have the ability to choose what is right and that is a powerful tool that we can use to stay calm and assertive as we drive. Don’t worry about the “other guy”, or about what they do. In the long run good decisions on the road will benefit your life, your loved ones and also your wallet.

So practice EGOLution and one of these days let me know how it went. Stay Safe!

“

Once you begin to visualize these possible scenarios try to think of ways to mitigate the threat. Play the “what if” game.

”

Army Traffic Safety Training Program gets a new Web site

In an effort to improve the registration process for all soldiers, the new Web site through the Army IMCOM Registration System will make registration for all courses easier to accomplish.

Registration is now required for all driving courses as well as for Motorcycle Safety Foundation courses.

The new address is <https://apps.imcom.army.mil/AIRS>

This site will provide on-line registration and management of traffic safety training courses for the Army Traffic Safety Training Program. You can view course calendars to see what courses are being offered at garrisons in your local area. It will also aid

you in successfully registering for courses electronically using a web based browser or smart phone. To view available courses, log on to the link above and select a region and then a garrison from the drop down menu. From there just choose the date of the course and register.

<https://apps.imcom.army.mil/AIRS>



Make the right choice! Act to prevent domestic abuse

By Michael Burkhalter (IMCOM)
IMCOM Public Affairs

SAN ANTONIO (Sept. 8, 2011) -- October is National Domestic Violence Awareness Month, and the Army is doing its part to help combat violent behavior in its ranks.

The awareness campaign aims to highlight the prevention, intervention and services provided by a community more than willing to address and stop domestic violence.

"All of you are dedicated to eliminating this threat," said Army Secretary John McHugh during a Sexual Harassment/Assault Response and Prevention summit held in March, "and it's a threat to our cohesion of our units, a threat to our units and a threat to our very humanity."

"The fact that sexual assault still occurs in our ranks is heartbreaking; it's (opposite) to everything we value in this institution," he added.

In 2008, former Secretary of the Army Pete Geren and Army Chief of Staff George W. Casey Jr. launched a new strategy -- including the I. A.M. (Intervene, Act, Motivate) Strong Campaign -- to

thwart sexual assault and harassment.

This year's SHARP summit opened phase three of I. A.M. Strong's four-point effort to eliminate sexual violence in the Army. At the summit Carolyn Collins, SHARP Program Office division chief, noted that domestic violence numbers went down 8 percent in 2010. She said 1,689 cases were reported last year, and 1,795 were report in 2009.

"We know our actual numbers went down, not just our reported numbers. And our rate per 1,000 went down," Collins said.

"We grew our Army the last few years, but our rate per 1,000 didn't go up with that, it actually came down, so we believe we are reducing crime."

Collins attributed this to encouraging victims to report incidents of violence; providing some of the best medical care and counseling techniques in the nation; and the Army dedicating itself to prosecution and investigation techniques.

"We will assess ourselves by ensuring we are doing the best we can," Collins said. "We will adjust fire, just as in

“
The fact that sexual assault still occurs in our ranks is heartbreaking; it's (opposite) to everything we value in this institution,
”

Hon. John McHugh
- Secretary of the Army

OCTOBER: DOMESTIC VIOLENCE AWARENESS CAMPAIGN
THEME: Working Together to Prevent Spouse Abuse

Purple Ribbon Campaign To End Abuse
No more shattered lives.

WHY PURPLE?

Bruises women have sustained at the hands of their abusers.

Almost four million American women were physically abused by their husbands or boyfriends in the last year alone.

A woman is physically abused every nine seconds in the country.

Two-thirds of attacks on women are committed by someone the victim knows -- often a husband or boyfriend.

Women are more often victims of domestic violence than victims of burglary, muggings, or other physical crime combined.

Forty-two percent of murdered women are killed by their intimate male partners.

GET INVOLVED! WE CAN ALL MAKE A DIFFERENCE!

For additional information please call Ms. Wilda Diaz, Family Advocacy Program Manager at 787-707-3709

the Army, to ensure our investment is bringing about change so we can achieve our goal of eliminating sexual harassment and assault".

Statistics show a need for the Army to build social intolerance toward domestic violence, such as strengthening programs designed to promote awareness; encouraging re-

porting; providing safety for victims; and ensuring treatment and/or administrative action for offenders, with special emphasis on services for junior Soldiers and their spouses or intimate partners.

Also, the Army Family Programs office has established an Army Family Advocacy Program web page on ArmyO-

neSource.com for Soldiers and Families with information and awareness campaign resources. The site contains resources for new parent support visitors, victim advocates, transitional compensation and other prevention and educational services. (Rob McIlvaine, of Army News Service contributed to this story.)

Maintaining a healthy/effective relationship

By Wilda Diaz
Family Advocacy Program Manager

- The first duty of love is to listen.
- Give your full attention to all discussions.
- Express your feelings calmly, without blaming or lecturing.

- Keep an open mind. Allow all sides a chance to speak.
- Don't shout. A low voice keeps tempers low too.
- Watch your body language. It speaks as loud as your words.
- Communicate with compassion. Think how your

- words will make your loved one feel.
- Compromise: meeting in the middle can make everyone happy with the outcome.
- Remember, the real meaning of life is happiness

Manteniendo una relación saludable/efectiva

- La primera regla en el amor es escuchar.
- Preste atención a todas las discusiones/conversaciones.
- Expresé sus sentimientos calmadamente, sin culpar o juzgar.
- Mantenga una mente abierta. Permita que todas las partes tengan la oportu-

- nidad de hablar/expresar su opinión.
- No grite. Use un tono de voz suave para mantener calmados los temperamentos.
- Este atento a su lenguaje corporal. El mismo puede hablar tan alto como sus palabras.
- Hable con compasión o

- consideración. Piense como sus palabras pueden hacer sentir al ser amado.
- Llegue a un acuerdo. Llegar a un punto medio puede hacer que todos queden felices con el resultado.
- Y recuerde que lo más importante en la vida es ¡Ser feliz!

FAMILY ADVOCACY PROGRAM (AR 608-18)
DOMESTIC VIOLENCE & CHILD ABUSE/NEGLECT
REPORTING PROCEDURE

FORT BUCHANAN POLICE
24 HOURS - REPORT POINT OF CONTACT
(RPOC) 787-707-3337

RAHC/FAP TREATMENT
SOCIAL WORKER
787-707-2044 or 787-420-9316

CRISIS HOT LINE
787-749-1333

COMMUNITY LEGAL OFFICE (OFICINA LEGAL DE LA COMUNIDAD)
DOMESTIC VIOLENCE COURT ROOM
(SALA ESPECIALIZADA EN CASOS DE VIOLENCIA DOMESTICA)
787-764-0524 -- 787-751-1600 -- 787-751-1867

FOR ADDITIONAL INFORMATION DURING DUTY HOURS
FAP MANAGER
787-707-3709

Class zero begins its trek toward leaders

By Luis Delgadillo

Fort Buchanan Public Affairs

It's common knowledge that if a person wants to advance in their career, one of the first steps they must take is to place career development among their top priorities. At Fort Buchanan, 14 individuals have chosen to do just that.

The inaugural class of the Civilian Leader Development Program was welcomed by the Garrison Commander, Col. John D. Cushman who spoke to the students at the garrison headquarters, Oct. 3.

In their introductions to one another, every course participant gave their name and job title but more importantly they each expressed a desire to make themselves and Fort Buchanan better.

"I have heard from everybody, 'what I want to get from this course' but I want you to think about what you expect to get from the course," said Cushman, prompting introspection. "What do you expect from yourselves? Everyone of you is a leader already. You're a leader in your personal life and you're leaders in your professional life," he said.

In his remarks Cushman stressed the importance of utilizing the skills they learn in the course to advance in their individual organizations as well as themselves.

The class will feature classes on how the installation operates, Resiliency Training, Effective Communication and Briefing techniques, Military Decision Making and Human Resource for Supervisors among other classes.

The program is more than a year in



Photos by Luis Delgadillo

Rafael Contreras, the installation workforce development specialist, speaks with the first group of burgeoning leaders attending the Civilian Leader Development Program Oct. 3 at Fort Buchanan's garrison headquarters.

the making and required careful planning by Rafael Contreras, the Directorate of Human Resource's workforce development specialist. Contreras partnered with members of a workforce development working group made up of veteran employees. These veterans of the civil service were eager to see Cushman's goal of having a strong lo-

cal workforce development program by which junior employees could gain skills necessary to take on greater responsibility, and upward career progression.

Among those who contributed is Amanda Rojas, a management analyst with the Resource Management office.

"When the LOE 3 (Line of Effort)

came up in the IMCOM Campaign plan and it was so clear, it was so easy," she said. She said that from the start of the IMCOM campaign plan she saw the opportunity to help younger employees in ways not afforded to her when she first entered the civil service.

"It's important to me, personally,



Students, Manuel Ramos, quality control specialist, Angel Viruet, DFMWR IT specialist Student, Grace Meinhofer, DFMWR marketing coordinator



Student, Lillian Calderon, with the Directorate of Logistics



Student, Magda Rivera, Command Group administrative assistant

Ship development



Students, George H. Roman, Safety Specialist and Marie A. Ramirez, administrative assistant



Students, Mariana Urrutia, a marketing assistant with DFMWR and David Cortes, an ID card facility specialist

because I am in the winter of my career ... and I have seen a lack of opportunities and of mentors and (a lack) of good leaders over the past 10 years,” said Rojas, who sees herself as somewhat of the midwife for the program by helping it come into being.

The course will give students valuable insight into what they have to gain but enrollment in the course does not excuse them from their normal duties as Fort Buchanan employees.

Each is expected to fulfill the obligations of their organizations while staying engaged in the CLDP.

Contreras affectionately calls the class his guinea pigs because they are a test group to see how the course will evolve in future iterations. Contreras is taking requests for the next course so interested parties may contact him at 787-707-3546.



Amanda Rojas, a management analyst with the Resource Management office observes the first day of the Civilian Leader Development Program.



Student, José Sanchez, Management and Program Analyst



Student, Roberto Fernández, DFMWR fitness center manager



Student, Osiris Soto, an administrative assistant with the Religious Services Office



Student, Juan Sanfeliz, a sports specialist with DFMWR



Student, Irma Santiago, an administrative assistant with the Directorate of Emergency Services

Red Ribbon 2011: “It’s up to me to be drug free”

By Myrna M. Llanos
ASAP Prevention Coordinator

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Although the start end dates can vary slightly depending on the organization and source, Red Ribbon Week generally takes place the last full week in October, with the weekends before and following the last full week included as appropriate celebration dates. This year Red Ribbon Week will be celebrated October 22-30, 2011.

Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.

And, perhaps more importantly, Red Ribbon Week commemorates the ultimate sacrifice made by DEA Special Agent Enrique “Kiki” Camarena, who died at the hands of drug traffickers in Mexico while fighting the battle against illegal drugs to keep our country and children safe.

Within weeks of his death in March of 1985, Camarena’s Congressman, Duncan Hunter, and high school friend Henry Lozano, launched Camarena Clubs in Imperial Valley, California, Camarena’s home. Hundreds of club members pledged to lead drug-free lives to honor the sacrifices made by Camarena and others on behalf of all Americans. These coalitions began to wear red badges of satin red ribbons, as a symbol Camarena’s memory. The Red Ribbon Week campaign emerged from the efforts of these clubs and coalitions.

Today, Red Ribbon Week is nationally recognized and celebrated, helping to preserve Special Agent Camarena’s memory and further the cause for which he gave his life. The Red Ribbon Campaign also became a symbol of support for the DEA’s efforts to reduce demand for drugs through prevention and education programs. By wearing a red ribbon during the last week in October, Americans demonstrate their ardent opposition to drugs. They pay homage not only to Special Agent Camarena, but to all men and women who have made the ultimate sacrifice in support of our nation’s



Photo by Luis Delgadillo

Myrna Llanos, Army Substance Abuse Prevention coordinator, at Antilles High School during a Red Ribbon Week event last year.

struggle against drug trafficking and abuse.

The Fort Buchanan Army Substance Abuse Program (ASAP) is celebrating National Red Ribbon Week from 24-28 October 2011. This year, our Red Ribbon Campaign theme: “It’s Up To Me To Be Drug-Free” emphasizes individual responsibility and how this is important in keeping the Ft. Buchanan community safe, healthy and drug-free.

Several prevention activities will take place during the week like distribution of Red Ribbons and educational drug abuse prevention information throughout the Installation. Awareness Tables will be set throughout the Red Ribbon Campaign Week at the PX lobby, Welcome Center, Fitness Center and Rodriguez Army Health Clinic. There will be several prevention activities with Students and family members. The dates and other details of the activities will be disseminated through flyers.

Your participation in this important campaign reflects your deep commitment to creating a drug-free Military Community. This is the

most important investment we can make, especially for the younger members of our community and of course, our Soldiers. We urge each of you to visibly show your support.

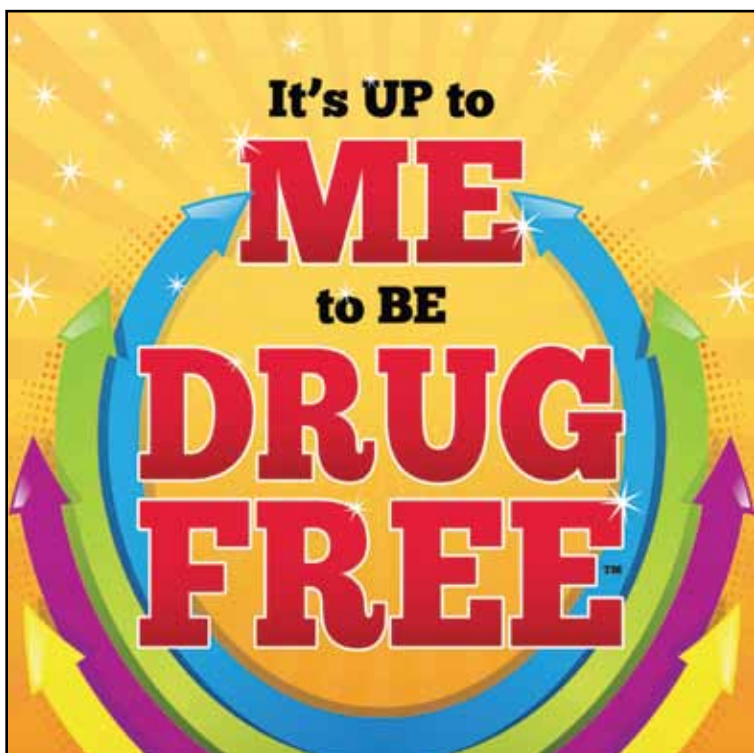
POCs for this Campaign:


Ms. Myrna Llanos, Prevention Coordinator @ 707-3125

or myrna.llanos @ us.army.mil

Mr. Jose Berrios, Drug Testing Coordinator @ 707-3128 or jose.berriospizarro@us.army.mil

If you have a question about this article or about substance abuse, please e-mail or call us.





Blue Star Museums

www.arts.gov/bluestarmuseums



★ Free Museums access!

Blue Star Museums (BSM) is a program that offers free admission to museums for all military personnel and their families, veterans and retirees from Memorial Day, May 30 through December 31, 2011. The free admission* program is available in those museums and parks sponsoring the BSM program. In addition, workshops and some special events will also be free. Only in Puerto Rico, BSM program has extended its benefit to all service members: Active Reserve, Reserve, Active Duty, Veterans, Retirees and their families (Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard).

★ Puerto Rico joins Blue Star Museums

The Institute of Puerto Rican Culture (Instituto de Cultura Puertorriqueña - ICP) is one of the latest members of the Blue Star Museums honor roll. The ICP is Puerto Rico's state arts agency and administers a network of museums and parks throughout the island, all of which will offer free admission through the program.

For more information go to arts.gov/bluestarmuseums or contact your local Blue Star Museum representative at bluestarinfo2011@yahoo.com
On facebook at: [Blue Star Museums Program PR](#)

BATS! Halloween at the Vet Clinic

By Capt. Taylor Opel, DVM
Fort Buchanan
Veterinary Treatment Facility

Western civilization has generally regarded bats with superstition, fear, and uncertainty. Too often, popular misconceptions have labeled them as “dirty,” “disease carriers,” or “blood suckers”.

We often forget how important bats are to our ecosystem. Some cultures do appreciate the bat. In China the bat has achieved respectability as a symbol of happiness and good luck. In Spanish cultures they are seen as a sign of good fortune, health and family unity. Here are 15 fun facts to dispel the fears surrounding these shy, nocturnal creatures.

1. “Blind as a bat” is a common saying yet one that is false. All bats can see, even though vision may be less important than other senses. To locate and catch prey, insectivorous bats use an acoustic orientation called echolocation. They emit a series of

supersonic cries through the mouth or nose and detect flying insects by the echoes reflected back. Those species that produce sound through their noses usually have a flap of skin called a nose leaf above the nostrils. This may help to direct the sound, but its precise function is not known.

2. Bats don’t have “fat days.” The metabolism of a bat is enviable -- they can digest bananas, mangoes, and berries in about 20 minutes.

3. Fewer than 10 people in the last 50 years have contracted rabies from North American bats. Due to movies and television, bats are thought to be germ machines, bringing disease and toxins to innocent victims. Not true.

Bats avoid people. If you are bitten by a bat, go to the doctor, but don’t start making funeral arrangements -- you’ll probably be fine.

4. Bats make up a quarter of all mammals. Yep, you read that right.

A quarter of all mammals are bats. There are more than 1,100 species of bats in the world. That’s a lot of bats!

5. More than 50 percent of bat species in the United States are either in severe decline or are listed as endangered. You don’t know what you’ve got until it’s gone. Industry, deforestation, pollution, and good

old-fashioned killing have wiped out many bats and their habitats. For information on how to help keep bats around, contact your local conservation society.

6. An anticoagulant found in vampire bat saliva may soon be used to treat human cardiac patients. The same stuff that keeps blood flowing from vampire bats’ prey seems to keep blood flowing in human beings, too. Scientists in several countries are trying to copy the enzymes found in vampire bat saliva to treat heart conditions and stop the effects of strokes in humans.

7. Bats have only one pup a year. Most mammals of smallish size have way more offspring than that. Think cats, rabbits, and rats.

8. The average lifespan of a bat varies, but some species of brown bat can live to be 30 years old. Considering that other small mammals live only two years or so, that’s impressive.

9. A single little brown bat can eat up to 1000 mosquitoes in a single hour, and is one of the world’s longest-lived mammals for its size, with life spans of almost 40 years.

10. Giant flying foxes (fruit bats) that live in Indonesia have wingspans of nearly six feet.

11. The 30 million Mexican free-tailed bats from Bracken Cave in Texas eat 250 TONS of insects every summer night. They sometimes fly up to two miles high to feed or to catch tailwinds that carry them over long distances, and can fly at speeds of

Fort Buchanan Veterinary Treatment Facility

Located at Building 676 on Sallyport St. the Veterinary Treatment Facility has surgical and dental services available.

The clinic is open to all Active and Retired Military Personnel, National Guard, Coast Guard, FBI, Fort Buchanan Security Personnel, Reservists, and DoD civilians.

Appointment times are available, but walk-ins are welcome

Please call 787-707-2038 with questions or to schedule an appointment.

Normal Business Hours

Monday through Friday
7:30 a.m. to 4 p.m.

more than 60 miles per hour.

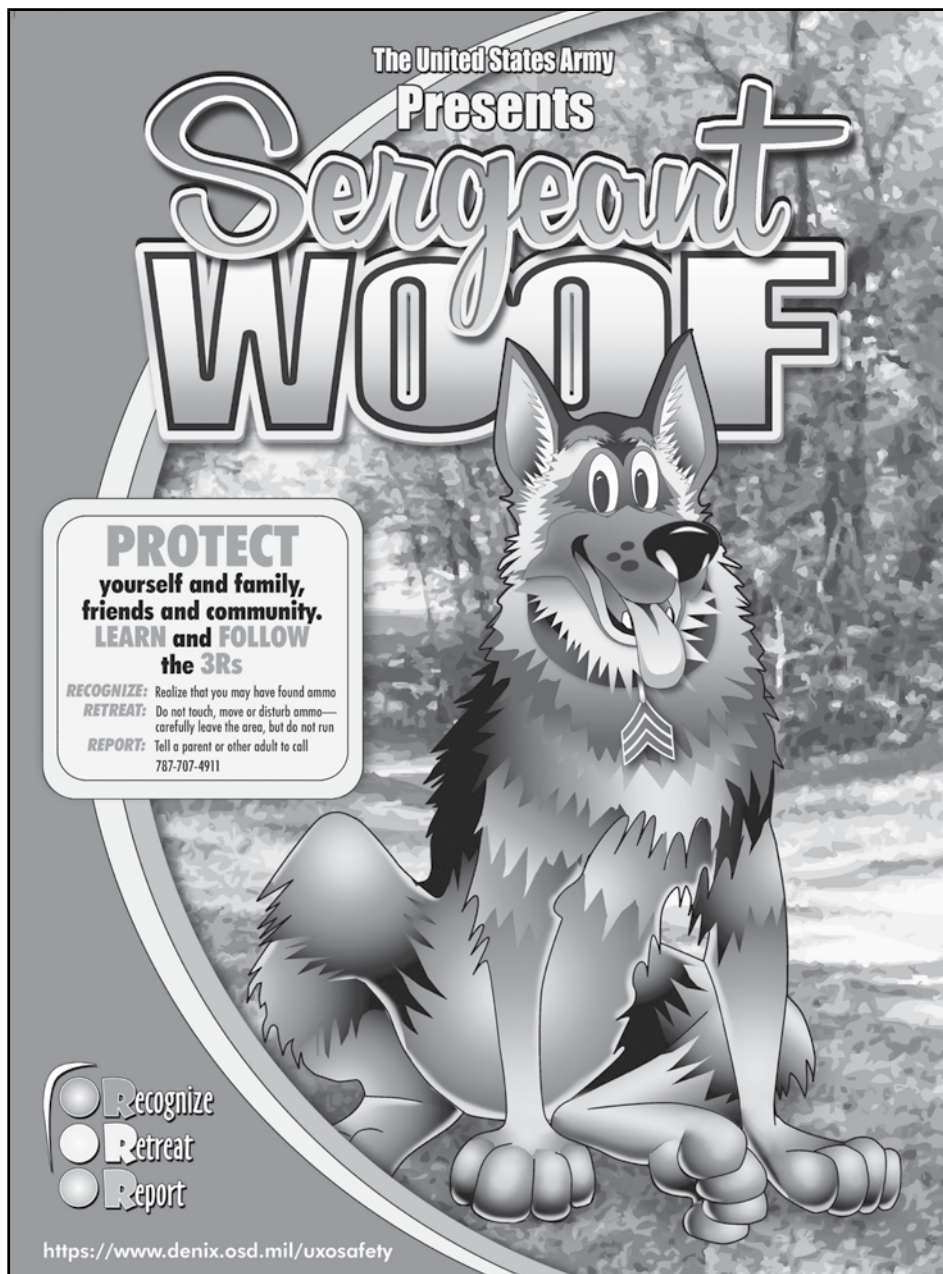
12. Many important agricultural plants, like bananas, peaches, breadfruit, mangoes, cashews, almonds, dates and figs rely on bats for pollination and seed dispersal.

13. Vampire bats adopt orphans, and are one of the few mammals known to risk their own lives to share food with less fortunate roost-mates.

14. Little brown bats can reduce their heart rate to 20 beats per minute and can stop breathing altogether for 48 minutes at a time while hibernating. They may hibernate for more than seven months if left undisturbed, but can starve if they are awakened too many times during the winter, which causes them to run out of energy reserves before spring.

15. Providing bat houses can help build the populations of many valuable bat species that eat many crop-damaging insects, such as cucumber and June beetles, stink bugs, leafhoppers and corn worm moths. Bat houses furnish places for bats to roost, hibernate and raise young, in addition to the dwindling number of natural sites available to them.

For more information or to make an appointment call the Fort Buchanan Veterinary Treatment Facility at 787-707-2038.



Boys and Ghouls Halloween safety

By George Roman

Fort Buchanan Safety Specialist

It's that time of the year again when ghouls, ghosts, goblins, monsters of all kinds, heroes, heroines, princesses and your regular assortment of pirates, celebrities, politicians and clowns will be venturing out into Coconut Grove and Las Colinas searching for those wonderful treats and always ready to play the trick on unsuspecting souls of Fort Buchanan. Do you remember getting all dressed in your costume to go trick-or-treating? Pure spooky joy. To keep it fun, everyone needs to stay safe. Here are some helpful tips to make sure your kids have a healthy and happy Halloween.

- Have adult supervision. Accompany your kids if you don't think they're old enough to trick-or-treat on their own.

- There is safety in numbers. If they're old enough to trick-or-treat without an adult, tell your kids to stay in a group.

- Map out your plan. Designate a route before your kids begin trick-or-treating, and make sure they stick to it.

- Take the long way 'round. Have your kids trick-or-treat in areas where there

are a lot of people around. They should also avoid taking short-cuts through alleys and parking lots.

- Try trick-or-treat-friendly homes. Ensure your kids only visit houses with lights on. And, you might also suggest the houses they visit have some sort of Halloween decoration on the porch.

- Stay outside. Make sure your kids don't go inside someone's house. They can get their candy from the porch.

- Remain visible. Dress your kids in a bright costume so others can see them.

If their costume is dark, have your kids wear reflective strips or carry a glow stick or flashlight.

- Remember, shorter = safer. Goes without saying but just in case you forget, ensure your kids' costumes aren't so long that they can trip over them.

- Look for costumes, beards and wigs labeled "Flame-Resistant" -- nylon

or heavyweight polyester costumes are best. Flame Resistant does not mean "fire proof". Avoid costumes with baggy sleeves or flowing skirts to minimize the risk of contact with candles and other fire sources. Costumes made of flimsy

materials have been found to burn more quickly when exposed to fire sources.

- Don't cover the face. Instead of masks, have your kids wear make-up so they can see better. If you choose to use a mask make sure it is one that allows the child to see and breathe easily.

- Footwear. Trick-or-treaters should wear sturdy walking shoes. Leave the sandals at home.

- For you adults out there. Think twice before changing the color of your eyes with cosmetic contact lenses. These cosmetic lenses should be used only under the supervision of an eye-care professional. In addition, wear time should be limited to the shortest duration possible.

- Safe Accessories. Swords, knives and similar accessories should be made of soft, flexible material.

- Quality-check treats. Check your kids' candy before they eat it. Throw out any candy that is not in its original wrapper or looks like it has been tampered

with.

- Say "no" to strangers. Tell your kids to never accept a ride or go anywhere with a stranger.

- Obey the law. Encourage your kids to follow all the regular rules for walking around. That includes looking both ways before crossing, obeying all traffic laws and using cross walks and crossing lights where available.

- Have a great time! Finally, make sure your kids have tons of fun and get lots and lots of candy.

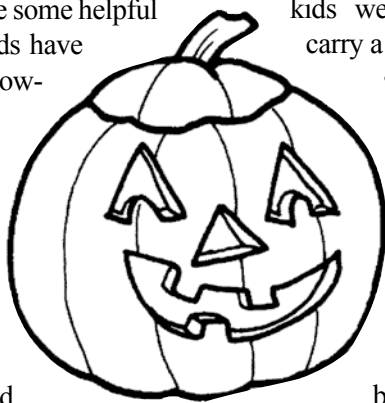
- Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. For party guests, offer a variety of fruits, vegetables, and cheeses.

- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.

- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.

- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

- Remind drivers to watch out for trick-or-treaters and to drive safely.



140th Air Defense Squadron Reunion

The friends of the 140th Air Defense Squadron (ADS), Puerto Rico Air National Guard (PRANG), are holding a reunion.

We take great pleasure in inviting all past and present members to a social activity on Saturday, 22 October 2011, from 1300-1800 at "El Pirulí" Punta Salinas Radar Site, Toa Baja, PR.

This activity will be dedicated to two special members who will be present and who will be honored accordingly...LtCol (Ret) Julio Rodriguez Butler and CMSgt (Ret) Juan Guzmán Justiniano.

Please RSVP to the following:

Lt. Col. (Ret.) Charles Masters, Tel. (787) 380-0100, masmar@coqui.net

CM Sgt. (Ret.) Franklin Martínez, Tel. (787) 613-9025

CM Sgt. (Ret.) Rubén Pérez, Tel. (787) 374-3484, rperezpr@gmail.com





U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing Citizen Soldiers



GENERAL, From Page 1

and his over 30 year military career, the first US Army Reserve Puerto Rican General opened the door for many other Hispanics across the nation to serve well our country. “This man was a true leader and a role model for future Hispanic generations. With his determination he became a war hero, showing the world that Hispanics are able and willing to defend our Nation with our lives, if necessary. Rodriguez-Baliñas is not only a Puerto Rican hero, he is a hero for all Hispanics around the world” said Fernández.



Photo Courtesy 1st MSC archives

Brig. Gen. (Ret) Antonio Rodríguez-Baliñas was the first Puerto Rican to be promoted to the rank of Brigadier General in the Army Reserve in Puerto Rico.



US Army Reserve investing big in PR

By Cadet María Rivera Baez
For 1st MSC Public Affairs

Naval Activity, Ceiba – The United States Reserve in Puerto Rico inaugurated on 10 Sept. the modern Armed Forces Center on the premises of the former Roosevelt Roads Naval Station.

Among the units that will occupy the new facilities in Ceiba is the 973rd water purification company from the Army Reserve, which needs to be near bodies of water in order to execute their mission effectively.

“This inauguration is of great significance for the 973rd Reserve Company, since we will have a place to train with our water purification systems” said CPT Jason González, commander of the 1st MSC subordinate unit.

The acting commander for the 393rd Combat Sustainment Support Battalion, Maj. Gilberto Soto, also expressed the significance of these facilities: “This inauguration represents a unique opportunity to complete the mission of the 973rd”, said Soto.

Major General Joseph Anderson, Director of Operations, Mobilization and Training at the Pentagon was also present at the activity. “We need to have the best facilities for all our soldiers in order to train and prepare for mobilizations and to support our families”, Anderson said.

The construction of this new Reserve Center is the result of the Federal Congress effort known as the Defense Base Closure and Realignment Commission (BRAC 2005).

Presently, there are other Armed Forces Reserve Centers being constructed, at Mayagüez with an investment of over 18 million, at Ft. Buchanan with an investment of over 21 million, and the center in Juana Díaz which was inaugurated a couple of months ago, with an investment of over 14 million dollars. The total infrastructure investments of the Reserve Armed Forces on the island are beyond 78 million dollars. In addition there will be an upcoming construction of a center in Puerto Nuevo for which the auction has not been published yet.

The new facilities in Ceiba, are 78,350 square feet and include an area for vehicles and equipment maintenance, parking and an area for storage. The total investment of this project is of \$24,082,787.00.

This construction is eco friendly or “environmentally friendly” with a clas-



Photos by Sgt. Jose F. Babilonia

From left to right, Brig. Gen. (Ret) José M. Rosado, Maj. Gen. (Ret) Félix A. Santoni, Mayor Pedro Colón, Maj. Gen. Joseph Anderson, Maj. Gen. Antonio J. Vicens, and Brig. Gen. Fernando Fernández on the Ribbon Cutting Ceremony for the new AFRC in Ceiba.

sification of silver in “Leadership in Energy and Environmental Design”, an international system that classifies the environmentally friendly measures in new constructions. The certification evaluates the efficient use of water, the materials used, and the air quality in the building, among other parameters.

As part of the construction of these facilities there were 837 temporary jobs created for the duration of the construction. 795 workers were from Puerto Rico.

The new facilities of the Reserve will be utilized to provide administrative and training support to the Reservists.



The U.S. Army Reserve's 1st Mission Support Command opened a new Armed Forces Reserve center on Saturday at the former Naval Station Roosevelt. This center is environmentally friendly and has been awarded Leadership in Energy and Environmental Design certification.



U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing Citizen Soldiers



Puerto Rican fallen Soldier is honored

By Capt. Carlos M. Cuebas
1st MSC Public Affairs

The United States Army Reserve- Puerto Rico honored 9 Sept. one of the first Puerto Rican reservists fallen during the Global War on Terrorism.

Sgt. Miguel A. Ramos from Mayaguez, Puerto Rico was honored by naming an important hall at the 1st MSC headquarters as Ramos Hall.

As part of the honoring ceremony, the 1st MSC opened

a permanent exhibition of historic photos and articles, highlighting the role of Puerto Rican soldiers in the major US wars and conflicts, to include the Global War Against Terrorism in Afghanistan and Iraq.

Ramos died May 31, 2005 in Baghdad, Iraq when an enemy rocket impacted near his position.

"I feel very emotional. This is something very nice and

emotive. This exhibition is something that will be here forever and Miguel's name will be here for years to come," said Yolanda Más Rodríguez, Ramos' widow.

"He (Ramos) always said that the Army Reserve was his second family", added Más.

Major General Joseph Anderson, Director of operations, Mobilization and Readiness at the Pentagon was also present at the event. "We owe Sgt. Ramos and his family a debt of gratitude for making the ultimate sacrifice in behalf of our country. He is a hero not only

to Puerto Ricans, but to all Americans. Miguel represents the soul of what our nation is all about", said Anderson.

The US Army Reserve – Puerto Rico has mobilized around 5,000 reservists since 2001, in support of the Global War on Terrorism.



Sgt. Miguel Ramos widow, Mrs. Yolanda Más Rodríguez and his youngest son, Sebastian N. Ramos, celebrate the unveiling of the plaque in memory of the fallen soldier that sits at the entrance of the new hall.



Photos by Staff Sgt. José Santos Santos

Brig. Gen. Fernando Fernández addresses the audience at the re-inauguration of Ramos Hall, which is also a historical display of the U.S. Army Reserve in Puerto Rico.

The 1st MSC Soldiers join Caribbean chapter of SAMC

Story and photos by
Staff Sgt. José E. Santos Santos
1st MSC Public Affairs

Three highly qualified Non-commissioned Officers were inducted to the elite Sergeant Audie Murphy Club (SAMC) for the Caribbean Chapter, 24 Sept. This is the first time that the Army Reserve in Puerto Rico has such an honor.

The final SAMC board was conducted 31 Aug. on the 1st Mission Support Command (1st MSC) Command Group Headquarters at Fort Buchanan. This time, five outstanding NCOs from different battalions competed but only three succeeded.

The soldiers who participated on this board are Sgt.

Jose Babilonia from the 448th Eng. Battalion, Sgt. 1st Class Mike González from the 210th Headquarters & headquarters detachment (both representing the 210th Regional Support Group), Staff Sgt. Luis Davila and Sgt. 1st Class William González (both from the 346th TC BN in representation of the 166th RSG) and Sgt. 1st Class Nelson Colón from the San Juan Medical Recruiting Station.

These soldiers had to appear on a screening boards conducted by their RSGs. After that examination, those who were pre-selected were ordered to appear before the final board.

1st MSC Command Sergeant Major, Command Sgt. Maj.

René Rivera was the Chairman of the board. Other members of the board were Command Sgt. Maj. René Berlingeri, Orlando Santiago, Josué Maldonado and Harry Muñoz, Commands Sergeant Majors for the 166th RSG, 210th RSG, 346th TC BN, and 448th EN BN respectively. Master Sgt. Daniel Lai, from the 166th RSG was also present as a recorder.

After a rigorous scrutiny which included questions about Sgt. Audie Murphy's life, NCO's skills and duties, leadership and others, Sgt. Babilonia, Staff Sgt. Davila and Sgt. 1st Class González, W. emerged as the firsts 1st MSC soldiers to be recommended for induction to the



Soldiers and their sponsors listen carefully to Master Sgt. Daniel Lai's instructions before appearing to the final SAMC Board. Master Sgt. Lai was the recorder for this occasion.

privileged club.

These selections proved one more time the high level of

professionalism and skills of the Army Reserve Soldiers in Puerto Rico.



U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing Citizen Soldiers



1st MSC Soldiers at Dover AFB

Story and photos by
Staff Sgt. José E. Santos Santos
1st MSC Public Affairs

Dover Air Force Base, Del. — Working as a mortuary affairs specialist has never been easy. It's a job that needs to be done with the highest level of dignity, honor and respect.

It is a job where all the senses sharpen, where everything stops for a moment and all kinds of thoughts go through your mind: your childhood memories, your old friends, even your dreams. That is when you realize that it could be you. No other experience in life can get you closer to life than death itself.

Then you start thinking of that fallen soldier, about his family, his friends and all of a sudden you realize that this is it, family will no longer have him physically and that is really when you have to do your best to immortalize his presence through his belongings.

That is what the soldiers for the 246th and the 311th Quartermaster companies (QM CO) have been doing for years. Their members, out of Aguadilla, P.R., do the best possible job to bring to the fallen Soldier's families their last memory and they make them last forever.

The Air Force Mortuary Affairs Operations (AFMAO) at the Charles C. Carson Center for Mortuary Affairs and the Joint Personal Effects Depot (JPED) are the two facilities that work



Staff Sgt. Franklyn Seda, a member of the 311th QM Co, inspects the uniforms that are going to be worn by our Fallen Soldiers on their last journey.

directly with the fallen soldiers remains and personal effects at Dover AFB.

The AFMAO mission is to fulfill the nation's sacred commitment of ensuring dignity, honor and respect to the fallen and care, service and support to their families. A solemn dignified transfer of remains is conducted upon arrival at Do-

ver AFB, from the aircraft to a transfer vehicle to honor those who have given their lives in the service of the country. The vehicle then moves the fallen to the Port Mortuary at the Charles C. Carson Center for Mortuary Affairs. Once positively identified, the fallen service members are prepared for transport to their final destination as determined by the family.

"This is a nice job, but it is a tough job also, mentally tough... you have to deal with dead bodies... the person in the body bag could be your friend, could be your brother, your cousin, or it could be one of your family [members], said Staff Sgt. Franklyn Seda, a member of the 311th QM CO with 22 years of service, who has been working here for the last three months.

Seda is part of the uniform team, one of the four teams integrated by 1st MSC Soldiers. This group of soldiers is in charge of putting together the

last uniform, including ribbons, medals, badges, etc., that the fallen soldier will wear until his last stop.

The other teams on this facility are family, case manager and driver teams, which are the ones responsible for coordinating, the support, the transportation and movement of the family members of the fallen soldier.

In contrast, Staff Sgt. Jeysha Alarcón, a 10 year veteran had a different attitude toward the job, "I love what I'm doing... I think I make a difference... you are doing something for someone that gave his life for this Country."

Joint Personal Effects Depot (JPED), one of the facilities that 1st MSC soldiers support, has the mission of receiving, safeguarding, tracking, storing, processing and determining the final disposition of Personal Effects (PE) of deceased, injured or missing DoD personnel.

"We take so much care of

their personal effects, we have great people in here, including civilians... they make sure that everything get the most detail, the most care possible, so when the families opens that foot locker they see everything is folded, everything is nice, everything got taking care of, so they don't think that the military is not taking care of soldiers even after they are dead", said Capt. Efrain Irizarry, a member of the 246th QM CO who works as a Summary Court Martial Officer for the JPED.

Both, Col. Tom Joyce, AFMAO Commander and Lt. Col. Kelly Kyburz, JPED Commander, expressed their satisfaction of having the 1st MSC Soldiers working on their respective facilities. Lt. Col. Kyburz also informed her intent to keep employing 1st MSC soldiers and added that they are in need of more troops like the ones from the 246th and the 311th QM CO.



A team from the 246th and 311th QM Co, which are currently attached to the Joint Personal Effect Depot at the Dover Air Force Base in Delaware.

Fort Buchanan Fire Prevention Week Calendar



Oct. 11

10:00 - 10:30 a.m. - Garrison Headquarters

Activity: Sparky (robot) & Sparky; Proclamation; Distribute Fire Prevention Materials

11:00 a.m. - Noon - The Exchange (PX)

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials

Oct. 12

7:40 - 8:20 a.m. - Antilles Middle School

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials, DVD

8:30 - 9:30 a.m. - DFMWR service areas (Community Club & Golf Course)

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials

10:00 - 11:45 a.m. - 1st MSC Headquarters

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials

11:00 - 11:30 a.m. - Commissary

Oct. 12 continued

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials

Oct. 13

8:00 - 10:00 a.m. & 1:00 - 1:45 p.m. Antilles Elementary School

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials
Bicycle drawing

Oct. 14

9:30 - 9:45 a.m. Child Development Center

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials

9:30 - 9:45 a.m. Child Development Center

Activity: Sparky (robot) & Sparky; Distribute Fire Prevention Materials

10:00 - until complete - AAFES Food Court
Activity: Fire Safety Poster Contest Winners

Oct. 15

10:00 a.m. - 1:00 p.m. - Fire Station
Activity: Open House and Family Cookout

Retirement Announcement

Master Chief David Miranda: Sun sets on a prestigious career

Miranda enlisted in the Navy's Delayed Entry Program on Dec. 28, 1980 after graduating from Pedro Albizo Campos in Levittown, P.R., in May 1981 he completed Boot Camp at Recruit Training Command, Orlando, Fla. in July 1981.

He then attended Overseas Firefighting and Nuclear Biological School at Fleet Training Center Norfolk, Va. His first ship in the Navy, USS CORONADO (AGF 11) homeported in Ma-

nama, Bahrain. At this command he found his calling as a food service expert and became a Mess Management Specialist. During his tenure he served as Cook on Watch, Baker, Watch Captain and Jack of the Dust. In his next assignment at Naval Air Station, Norfolk he served in a variety of capacities such as Watch Captain, Bakeshop Supervisor, Cake Decorator, Item Pricing Manager, Recordskeeper, and Cash Collection Agent.

After this tour he transferred to Attack Squadron (VA 85), "Black Falcons," which was an A6 Attack Bomber Squadron, located at Oceana Naval Air Station. During this tour with the Black Falcon's, he served and deployed aboard the Aircraft Carrier USS SARATOGA (CV 60) homeported out of Mayport, Fla. and the USS AMERICA (CV 66) homeported out of Norfolk, Va.

Upon completion of this tour he received orders to Naval Air Station, Oceana where he was initiated in September 1991 into the Chief Petty Officer ranks.

Upon completing his tour at Naval Air Station Oceana, he reported aboard USS EDENTON (ATS 1),

where he qualified in various key command positions and was promoted to Senior Chief Petty Officer.

After this sea duty tour, he was selected to become a part of the prestigious Navy Food Management team located in Norfolk, VA.

During this tour he received his qualification as Master Training Specialist and in April 1999, he achieved the highest enlisted ranking in the United States Navy as Master Chief Petty Officer.

His talents and drive to improve food service were highly recognized amongst the Supply Community, which catapulted his next assignment as the Force Culinary Specialist at Commander Naval Surface Forces, U.S. Atlantic Fleet in Norfolk, VA.

During this tour he was able to impact Navy Food Service tremendously by being actively involved in policy changes and future initiatives that would bring food service into the next millennium as well as change the rating name to Culinary Specialist.

He then reported for his final sea tour aboard the USS NASSAU (LHA 4), serving as the Leading Culinary Specialist and the Supply Department



Leading Chief Petty Officer. Master Chief Miranda's final assignment in the Navy is at Afloat Training Group, Norfolk, VA. serving as Supply Department Leading Chief Petty Officer and Supply Food Service Trainer.

Master Chief Miranda's personal awards include the Defense Meritorious Service Medal, the Navy and Marine Corps Commendation Medal (4 awards), the Navy and Marine Corps Achievement Medal (3 awards) as well as various unit, campaign and personal awards.



David Miranda

Storm guide for residents outside post

Family Disaster Plan Checklist

- Post emergency telephone numbers by the telephone.
- Inspect your home, car and boat for potential hazards.
- Install safety features (shutters) in your home including smoke detectors and fire extinguishers.
- Learn basic safety measures including CPR and First Aid.
- Teach children how and when to call 911 or other emergency telephone numbers and which radio station to tune for emergency information.
- Keep important documents such as medical insurance, power of attorney, credit cards, etc, in waterproof containers.
- Identify ahead of time where you could go if you are told to evacuate.
- Assemble a disaster supplies kit with items you may need in case of emergency or evacuation to a safe location.

Disaster Supplies Checklist

- A seven day supply of water (three gallon per person per day) and non-perishable food.
- A first aid kit with instructions booklet to include prescription medicines for at least seven days.
- Special Items for infants, elderly, or disabled family members.
- List of doctors, friends and relatives who should be notified if you are injured or evacuated to a safer location.
- At least one change of clothing, footwear and one blanket or sleeping bag per person.
- Emergency tools and supplies including a battery-powered portable radio, flashlight, mosquito repellent, sunscreen, a non-electric can opener, a supply of batteries.
- Fill your car's gas tank, check oil, water, and tires and secure an extra set of car keys.
- Get cash and coins

This Could Save Your Life, Home

For High Winds

- Install hurricane shutters or purchase precut 1/2" outdoor plywood boards for each window of your home. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.
- Make trees more wind resistant by removing diseased and damaged limbs.

When a Hurricane Watch Is Issued

- Listen to local radio or TV stations for up-to-date storm information.
- Clear yard of all loose objects, such as potted and hanging plants, bicycles, trash cans, and anything else that can be picked up by the wind.
- Prepare to protect your windows and glass doors. Brace double entry and garage doors at the top and bottom. Cover all windows of your home by installing shutters or precut plywood as described above. Note: Tape does not prevent windows from breaking, so taping windows is not recommended.
- Check on your family and supplies disasters checklist (plans).
- Leave the swimming pool filled and super-chlorinated. Cover the filtration system.
- Offer your home as shelter to friends or relatives who live in vulnerable areas or mobile homes.

When a Hurricane Warning Is Issued

- Listen to the advice of local officials, and leave (evacuate) if they tell you to do so.
- Complete preparation activities.
- If you are not advised to evacuate, stay indoors, away from windows.
- Clean containers for drinking water and your bath tub for storing cleaning water.

During the Storm

- Stay inside and away from windows, skylights and glass doors. Find a safe area in your home - an interior, reinforced room, closet or bathroom on the lower floor.
- Wait for official word that the danger is over. Don't be fooled by the storm's calm "eye". The worst part of the storm will happen once the eye passes over and the wind blows from the opposite direction.
- Be alert for tornadoes. Tornadoes can happen during a hurricane and after it passes over.
- If you lose power, turn off major appliances, such as the air conditioner and water heater to reduce damage.
- If auxiliary power generation is to be used, do not connect it to the house main power supply line or main breaker. Consult with a subject matter expert such as certified electrician.
- If flooding threatens your home, turn off electricity at the main breaker.
- Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

If You Must Evacuate

- Take your Hurricane Survival Kit with you.
- Take important papers with you, including your driver's license, special medical information, insurance policies and property inventories.
- Let friends and relatives know where you are going.
- Make sure your neighbors have a safe ride.
- Lock windows and doors.
- Turn off electricity at the main breaker.

After a Hurricane Is Over

- Keep listening to local radio or TV stations for instructions.

- If you evacuated, return home when local officials tell you it is safe to do so.
- Inspect your home for damage.
- Use flashlights in the dark; do not use candles.

Advice for Older Adults

- Elders are especially susceptible to the effects of hurricanes.
- Those who live alone, or are without the support of family or friends, must take special precautions in the event of an emergency situation.
- People who are frail or disabled (either mentally or physically) may need special assistance from family members, friends or social service agencies.
- Older adults who are also caregivers may require outside assistance. Excessive stress and anxiety can contribute to increased episodes of illness, particularly for persons with heart disease and other illnesses.

Protect Your Pet

- Pet owners are responsible for hurricane planning for their pet. If you plan to evacuate, plan for your pet as well. Take your Pet Survival Kit if you go to friends, relatives or a hotel. Shelters cannot accept pets, so if you plan to go to public shelter, make other provisions for your pet.

Protect Your Business

- Is your business located where you are vulnerable to storm surge or freshwater flooding? Check your hurricane evacuation level and FEMA flood maps. Is your workplace vulnerable to hurricane force winds? Have your building inspected by a licensed professional.
- Take the Necessary Precautions.

Prepared by and revised: May 25, 2011

Directorate of Plans, Training, Mobilization and Security (DPTMS) Building 193 (Installation Emergency Operations Center)

Fort Buchanan, Puerto Rico 00934

CML: (787) 707-3287 / 3395 DSN:

740-3287 / 3395 FAX: (787) 707-3411

E-mail: iocbuchanan@us.army.mil

FOR THE FRIDGE

Storm guide for post residents

Fort Buchanan Emergency Phone Numbers

- Police Desk 787-707-3337 or 4911 / 787-792-7895
- Fire Department and Ambulance 707-5911 / 787-792-7895
- Rodriguez Army Health Clinic 707-9112 / 3912
- Emergency Operations Center 707-3287 / 3395

(During duty hours, after duty hours, weekends and holidays call Police Desk)

The Hurricane Condition (HURCON) is a five- stage readiness system that is used by all Installation Management Command regions and garrisons to report the likelihood of an approaching tropical cyclone and to trigger implementation of the specific protective measures.

HURCON 5: Prepare for the hurricane season (1 June- 30 November)

- Watch or listen to local news on a daily basis for tropical storm updates.
- Make an emergency family and plan to secure your property.
- Be sure trees and shrubs around the house are well trimmed.
- Clear loose and clogged rain gutters and downspouts.

HURCON 4: 96 hrs (Four days) before hurricane

- Complete any possible actions not accomplished from HURCON 5.
- Continue to listen to the radio or watch TV for further updates.
- If you have special needs, find out about special assistance services.
- Secure your home, close storm shutters and secure outdoor objects or bring them indoors.
- Update your disaster kit and keep it in a designated place and have it ready. Make sure all family members know where it is kept.

HURCON 3: 72 hrs (three) days before hurricane

- Contact school's for emergency guidelines, such as school closure.
- Contact your employer for specific guidelines during the emergency, such as leave, activation of phone tree and access to the installation.
- If you have special needs, find out about special assistance or register with the office of emergency services.
- Take video or photos of your property. This will help later on with any claims for damage that may need to be filed.
- Continue to listen to the radio or watch TV for further updates.

HURCON 2: 48 hrs (two days) before hurricane

- Find out the location of your nearest emergency shelter by contacting the Installation Operations Center at (787)707-3838.
- Evacuate if directed by authorities and follow their instructions.
- Continue to listen to the radio or watch TV for further updates.

HURCON 1: 24 - 12 hrs before hurricane

- Stay indoors and away from windows and glass doors.
- Close all interior doors – secure and brace external doors.
- Continue to listen to the radio or watch TV for further updates.

Landfall - 12 hours prior to and during hurricane

- Stay indoors and away from windows and glass doors and take refuge in a small interior room, closet or hallway when hurricane hits.
- Continue to listen to the radio or watch TV for further updates.

The following items are recommended as a basic disaster-supplies kit:

- ❑ Three-day supply of non-perishable food, a can opener and cooking utensils.
- ❑ Three-day supply of water – one gallon of water per person, per day.
- ❑ A flashlight and a portable, battery-powered radio or television and extra batteries.
- ❑ First aid kit and manual.
- ❑ Sanitation and hygiene items (moist wipes and toilet paper).
- ❑ A whistle, matches and waterproof containers.
- ❑ Extra clothing – complete change of clothing and shoes per person.
- ❑ Board games, cards, arts and crafts, crayons, and other games for children.
- ❑ Cash and coins.
- ❑ Photocopies of credit and identification cards.
- ❑ Important papers secured in water-proof containers. (Social Security cards, birth certificates, diplomas, titles, deeds to property, and special photos)
- ❑ Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing-aid batteries.
- ❑ Items for infants, such as formula, diapers, bottles and pacifiers.
- ❑ Ensure your pet has proper ID, carrier and leash updated veterinarian records and pet supplies.

Any other items to meet needs unique to your family.